

STELLAR CARE

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Postage
 Information

The
STELLAR CARE Chronicle

Stellar Care * 4518 54th Street * San Diego, CA 92115 * p 619-287-2920 * f 619-286-8534*



Celebrating October

Country Music Month

Positive Attitude Month

International

Top Spinning Day

October 14

Mulligan Day

October 17

International Artists Day

October 25

All Hallows' Eve

October 31

Linda Cho

Executive Director

Barbara Moore

Business Director

Annelie Damasco

Assisted Living Director

Susan O'Shaughnessy

Marketing Director

Rachel Robinson

Activities Director

Chris Cho

Building & Maintenance Director

Chris Moore

*Culinary Services &
 Laundry Director*

RESIDENT RAVE

Janet Doerr

Janet Doerr is vivacious and kind. She is inclined toward caring for others and is often seen wearing a big, beautiful smile. Janet was born on February 25, 1945 and grew up in La Mesa, California. She was raised by two wonderful parents and grew up with one brother and a sister, who she loved dearly. She was used to being around many people from a young age, as her father and uncle were baseball players. Her father played in the Pacific Coast League and had the opportunity to play in professional leagues, but chose to stay closer to his family. Her uncle did choose to play professionally and played in the very first Padre game. Janet loved baseball and being around people, thus inspiring her career in working with them. Janet decided to become a nurse.

Upon graduating from high school, Janet spent some time at the University of Oregon and transferred to San Diego State University. She graduated with a degree in nursing and began to work at Grossmont Hospital on the surgical floor. She loved working with her patients there and did so for eleven years. At one point, she decided to try something different and step away from the hospital environment, and moved to San Francisco. She stopped practicing as a nurse for eleven years and explored other options, but eventually decided that she needed to return to her vocation. She took a refresher course and ended up working at a youth guidance center, commonly known as juvenile hall. She thoroughly enjoyed making a difference for young people who had a rough start in life and found a sense of purpose in her work. She did this and was able to work with many young individuals in learning how to live a better, happier life. After six years, she moved on to work at a public health clinic, working with victims of AIDS at a time when it was considered a terminal condition. She remained there for twelve years and retired at the age of 55, having touched the lives of countless individuals.

Outside of her exciting line of work, Janet expressed an interest in seeing the world and learning about the people in it. She experienced the joys of marriage and was able to help raise 4 beautiful stepdaughters. She also made sure to make time for her nieces and nephews, who she adores. Janet loved traveling and spent time in the Yucatan Peninsula, seeing and climbing up the ruins at Chichen Itza, visited France and London, and was even able to visit Palestine.

Continued inside...

Miscellaneous Announcements

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** Family Support Group meetings will resume starting in October. Meetings are held on the first and third Tuesday of every month at 6:00pm. Family and friends are invited to join us in the Library on the first floor.

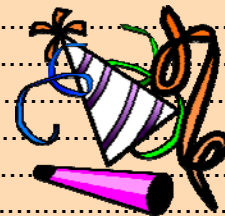
** Join us for a meet and greet with Directors and other Stellar families. Stellar Care Autumn Family Night will be held on Tuesday, October 23rd at 6:00 pm. A nurse from Sharp will present information on the upcoming flu season. Come for the wine & cheese... stay for the knowledge.

October Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Katsu A	Oct. 1st
Joe O	Oct. 1st
Thomas R	Oct. 6th
Darleen A	Oct. 7th
Joan L	Oct. 17th
Candice P	Oct. 19th
Mary W	Oct. 20th
Marie S	Oct. 21st
Catherine C	Oct. 24th
Pauline D	Oct. 30th
Phyllis R	Oct. 30th



Saturday, October 20th

Walk begins @ 8:00am in Balboa Park

Join Team Stellar Care

Log on to www.alzsd.org / Walk4ALZ

Thanks, for the Memory

Two songs, written twenty years apart, tug at my heartstrings. As I was growing up, they were hits, sung by the stars of the day. One song, gratefully recalls moments between lovers, "Thanks for the Memory," (1938, Bob Hope and Shirley Ross). The other also recalls moments between lovers, however the poor gentleman is confused on every aspect of their date in, "I Remember It Well," (1958, Hermione Gingold and Maurice Chevalier).

"Thanks for the memory, of rainy afternoons, swingy Harlem tunes; Motor trips and burning lips, and burning toast and prunes. How lovely it was."

"We met at nine. We met at eight. I was on time. No, you were late. Ah, yes, I remember it well. We dined with friends. We dined alone. A tenor sang. A baritone. Ah, yes, I remember it well."

Such touching lyrics, describing intimate details, recalled between mature couples, looking back on their lives and romance. The stuff of movies, books and poetry. The way it should be. But then for some of us come Alzheimer's and dementia. The statistics for Alzheimer's are staggering. We've heard them. But as each of you takes this brave journey, you are not a statistic to me. I see a family devastated and aching as this monstrous disease rips away every memory, removes all intellectual thought, hides conversation but leaves a person unable to make decisions, frightened of the shower, unable to dress and most often reduced to having help in the toilet.

But in October we get to participate with "Alzheimer's San Diego," and the Greater San Diego community, several thousand strong, and let Alzheimer's Disease know that we are not giving up. Stellar Care is inviting you to join us on Saturday, October 20th, 8:00 a.m. for the "Walk4Alz," Balboa Park. I know you want to make a difference. Join Team Stellar Care at our booth, in the grassy area between Presidents Way and Park Blvd., and meet present and former family members, staff and community advocates for a stellar breakfast and then walk in solidarity with thousands of San Diegans remembering those who went before, praying for those currently diagnosed and hoping for a cure in the near future.

A couple of months ago, Rachel Robinson, sent you a letter asking you to donate \$100 or more, payable to "Alzheimer's San Diego." For those of you who have already responded, thank you. All the money donated to "Alzheimer's San Diego" stays in San Diego and finances research, programs and services, information, education, care and support for local families navigating the journey. Will you please make out that check and leave it at the front desk? Better yet, bring it to the Walk!

Each of you carries a deep pain in your heart while you try to process a grief that is often undefinable. When we first meet, you share personal stories of immeasurable loss. Some of you are stressed, overwhelmed, angry and always exhausted. You reminisce about holidays and birthdays spent together, special moments that let me know what amazing parents and spouses you have. You have cherished memories, created by them, that they no longer know.

In the last verse of his song, Maurice sings, "Am I getting old?" Hermione answers, "Oh, no, not you. How strong you were, how young and gay, a prince of love in every way." Bob ends his song, "But we were intelligent people, No tears, no fuss, hooray for us. Strictly entre nous, darling, how are you? Awfully glad I met you, cheerio, tootle-oo, Thank you, thank you." I'm hoping for a world without Alzheimer's and dementia. I'm working for a cure. I'm donating to research. One day everyone will be able to sing, "Ah, yes, I remember it well." "Thanks for the memory,"

Susan O'Shaughnessy

Barona Beauties



...Doerr continued

Throughout her life, Janet has always been an entertainer. In her free time, Janet loved jazzercising, belly dancing and singing in the church choir. She was married to a wonderful painter and was even the subject of several paintings. Janet loves being creative herself and likes to crochet beautiful crafts for others. Today, Janet can be found out and about on outings, playing a heated game of blackjack and conversing with her many friends in the community. Janet expressed that she loves and appreciates everyone around her. When asked how she was able to open up and experience so much in life, Janet shared her key in stating, "I guess I chose confidence."

Interviewed and written by Mai Truong

Active in Every Way!



EMPLOYEE SPOTLIGHT

Mary Grayer

Mary Grayer is one of the newer members of our caregiving team, and has already shown a wonderful and kind attitude with our residents. She was born in San Diego and raised both here and in Los Angeles. Mary is one of 5 siblings and has six children of her own. Despite having experienced the challenges of being a single parent, she is happy to say that while her children were growing up, the living room never looked like kids lived in the house. She always made sure that their homework was done, they kept their toys in the room and only had a couple of hours of tv time if all their school work was complete. Structure was important to Mary, and helped her to stay organized while juggling the responsibilities of being a parent and working as well. This has helped her as a caregiver today to be organized and efficient.

Mary was introduced to caregiving while caring for her own mom. She later went back to school and became a certified nursing assistant. She worked as a private caregiver and then as a med tech. Mary loves working with older adults because she grew up with the positive influence of many of them and is able to now contribute to their overall sense of well-being. In her free time, Mary enjoys reading, listening to R&B and cooking. She plans on spending more time traveling and seeing different parts of the world. We love having Mary as part of the team and dearly hope to get to have the privilege of trying some of her awesome home cooking.

USS Makin Island Crew Visit

